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38. (Amended) A method for producing a composition according to claim 13 which method comprises replacing (i) some or all of the carbohydrate content of the composition with resistant starch and (ii) some or all of the saturated fat content of the composition with unsaturated fat.

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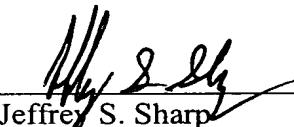
**REMARKS**

The foregoing amendments are made to fix multiple dependencies and correct various informalities in the claims and to place these claims in better condition for allowance. No new matter is introduced thereby. It is submitted that each of claims 1-33 and 36-38 are now in condition for allowance. Should the Examiner wish to discuss any issue of form or substance he or she is invited to contact the undersigned attorney at the telephone number listed below.

Attached hereto is a marked-up version of the changes made to the specification and claims by the current amendment. The attached page is captioned "**Version with markings to show changes made.**"

Respectfully submitted,  
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VERSION WITH MARKINGS TO SHOW CHANGES MADEIn the claims:

Claims 34 and 35 have been canceled.

Claims 11, 15-16, 19-33 and 36-38 have been amended as follows:

11. (Amended) A method of preparing a foodstuff for use in a method according to [any one of] claim[s] 1 [to 10] which method comprises substituting constituents with a low resistant starch content with constituents with a high resistant starch content and substituting some or all of the saturated fats with unsaturated fats.

15. (Amended) A composition according to claim 13 [14 or claim 15] wherein some or all of the resistant starch is, or is derived from, a high amylose maize starch having an amylose content of 50% or more by weight.

16. (Amended) A composition according to [any one of] claim[s] 13 [to 15] wherein the unsaturated fat is present in a proportion of at least 25% by weight of the total fat content.

19. (Amended) A composition according to [any one of] claim[s] 13 [to 18] wherein the unsaturated fat is selected from one or more of a mono-unsaturated fat, a polyunsaturated fat, an omega-3 fat, and an omega 6 fat.

20. (Amended) A composition according to [any one of] claim[s] 13 [to 19] which further comprises at least one further ingredient selected from the group consisting of a flavoring [flavouring] agent, a vitamin source, a mineral source, an electrolyte, and a trace element.

21. (Amended) A composition according to [any one of] claim[s] 13 [to 20] in the form of a low calorie diet having an energy content of from 800 to 1200 kcal per day.

22. (Amended) A composition according to [any one of] claim[s] 13 [to 20] in the form of a diet having an energy content of more than 1200 kcal per day.

23. (Amended) A composition according to [any one of] claim[s] 13 [to 20] in the form of a diet having an energy content of more than 2000 kcal per day.

24. (Amended) A composition according to [any one of] claim[s] 13 [to 23] in the form of a powdery mixture, said powdery mixture being soluble, suspendable, dispersible or emulsifiable in a water-containing liquid.

25. (Amended) A composition according to [any one of] claim[s] 13 [to 23] in the form of granules.

26. (Amended) A method for regulating carbohydrate and fat metabolism in an individual which method comprises administering to the individual a composition according to [any one of] claim[s] 13 [to 25].

27. (Amended) A method of enhancing fat utilization [utilisation] in an individual, which method comprises administering to the individual a composition according to [any one of] claim[s] 13 [to 25].

28. (Amended) A method of reducing plasma leptin concentrations and increasing satiety in an individual, which method comprises administering to the individual a composition according to [any one of] claim[s] 13 [to 25].

29. (Amended) A method of treating an individual suffering from obesity, which method comprises administering to the individual a composition according to [any one of] claim[s] 13 [to 25].

30. (Amended) A method of lowering the risk of obesity in an individual, which method comprises administering to the individual a composition according to [any one of] claim[s] 13 [to 25].

31. (Amended) A method of lowering the risk of non-insulin dependent diabetes mellitus in an individual, which method comprises administering to the individual a composition according to [any one of] claim[s] 13 [to 25].

32. (Amended) A method of reducing the post-prandial plasma glucose and/or insulin levels in an individual following food consumption by the individual which method comprises administering to the individual a composition according to [any one of] claim[s] 13 [to 25].

33. (Amended) A method of [of] controlling an individual's body mass which method comprises administering to the individual a composition according to [any one of] claim[s] 13 [to 25].

36. (Amended) A foodstuff comprising a composition according to [any one of] claim[s] 13 [to 22].

37. (Amended) A prepackaged meal comprising at least one meal component which comprises a composition according to [any one of] claim[s] 13 [to 25].

38. (Amended) A method for producing a composition according to [any one of] claim[s] 13 [to 25] which method comprises replacing (i) some or all of the carbohydrate content of the composition with resistant starch and (ii) some or all of the saturated fat content of the composition with unsaturated fat.